

SASH[®]

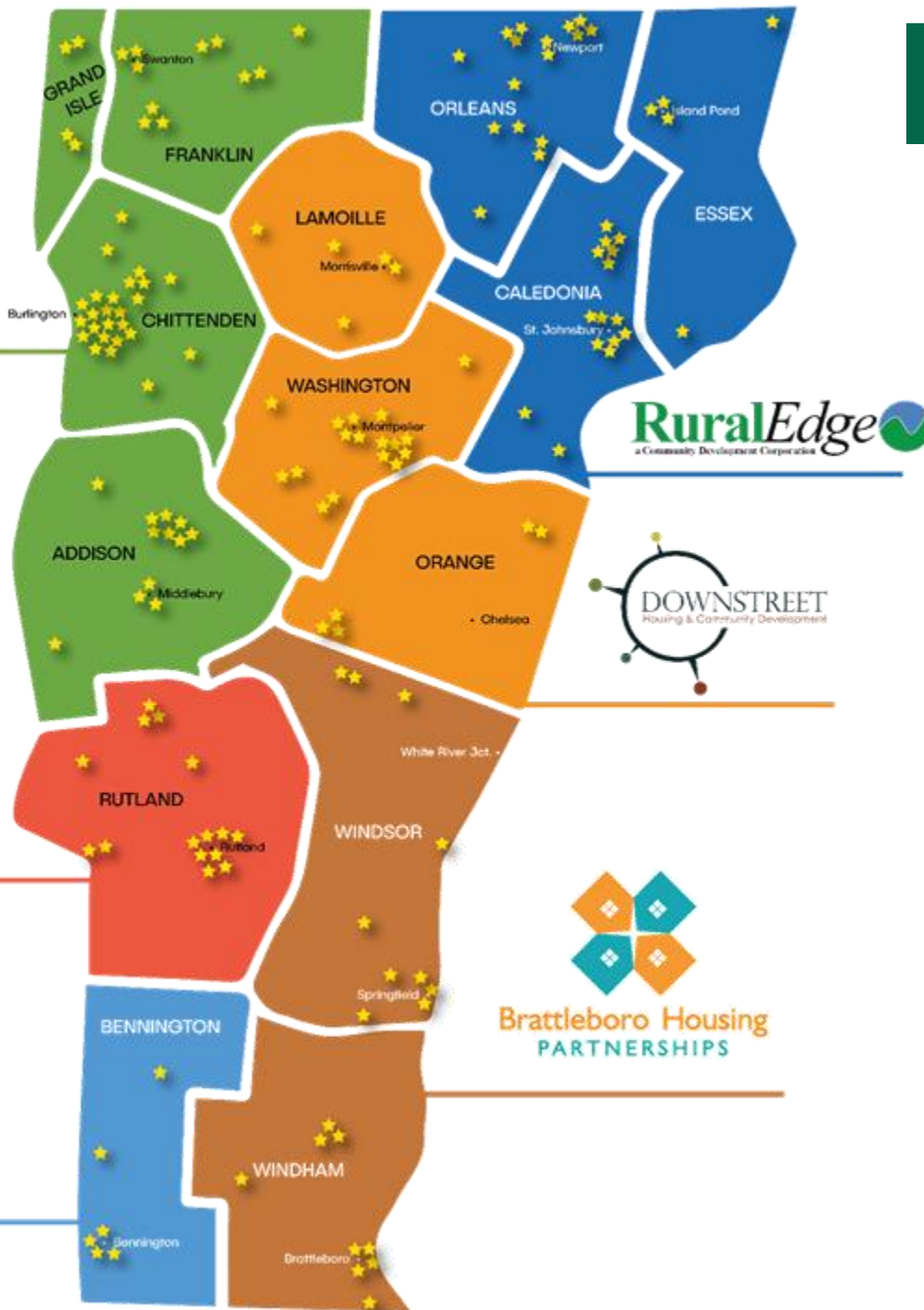
SUPPORT AND SERVICES
AT HOME

a caring partnership

sashvt.org

Better Care.
Healthier People.
Smarter Spending.

Statewide Presence



HOME HEALTH AGENCIES

Addison County Home Health & Hospice
 Central Vermont Home Health & Hospice
 Franklin County Home Health Agency
 Lamoille Home Health & Hospice
 Northern Counties Health Care
 Orleans, Essex Visiting Nurse Assoc. & Hospice
 VNA & Hospice of the Southwest Region
 Visiting Nurse & Hospice for Vermont & NH
 UVM Health Network Home Health & Hospice
 (formerly VNA of Chittenden & Grand Isle Counties)

HOUSING

Addison County Community Trust
 Barre Housing Authority
 Bennington Housing Authority
 Brattleboro Housing Partnerships
 Burlington Housing Authority
 Cathedral Square
 Champlain Housing Trust
 Downstreet Housing & Community Development
 Housing Trust of Rutland County
 Lamoille Housing Partnership
 Montpelier Housing Authority
 National Church Residences
 Randolph Area Community Development Corporation
 RuralEdge
 Rutland Housing Authority
 Shires Housing
 Springfield Housing Authority
 Twin Pines Housing
 Valley Cares
 Vermont State Housing Authority
 Windham & Windsor Housing Trust
 Winooski Housing Authority

HOSPITALS

Brattleboro Memorial Hospital
 Central Vermont Medical Center
 Copley Hospital
 Gifford Health Care
 Mt. Ascutney Hospital & Health Center
 North County Hospital
 Northeastern Vermont Regional Hospital
 Northwestern Medical Center
 Porter Medical Center
 Rutland Regional Medical Center
 Southwestern Vermont Medical Center
 Springfield Hospital
 University of Vermont Medical Center

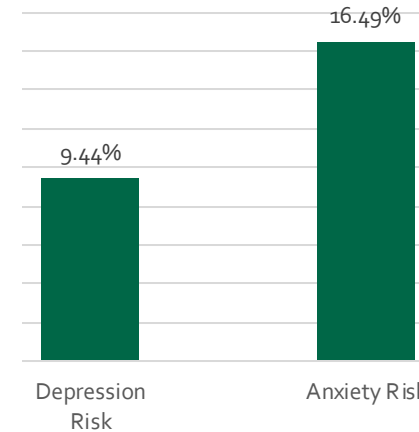
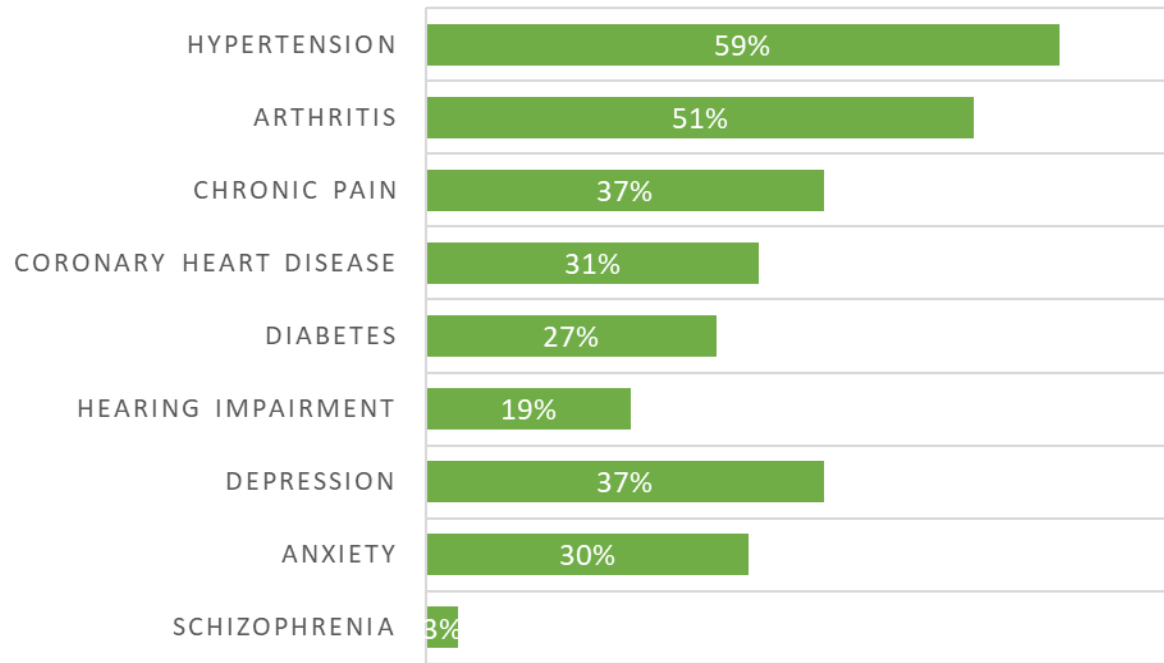
DEVELOPMENTAL, MENTAL HEALTH & ADDICTION SERVICES

Clara Martin Center
 Counseling Service of Addison County
 Health Care & Rehabilitation Services
 Howard Center
 Lamoille County Mental Health
 Northeast Kingdom Human Services
 Northwestern Counseling & Support Services
 Rutland Mental Health Services
 United Counseling Service
 Washington County Mental Health Services

OTHER HEALTH PROGRAMS

Castleton Undergraduate School of Nursing
 Graduate Counseling Program,
 Northern Vermont University
 United Health Alliance
 University of Vermont Center on Aging
 Vermont Chronic Care Initiative
 Vermont Health Foundation

Health of SASH Participants Statewide



HEALTH SCREENS

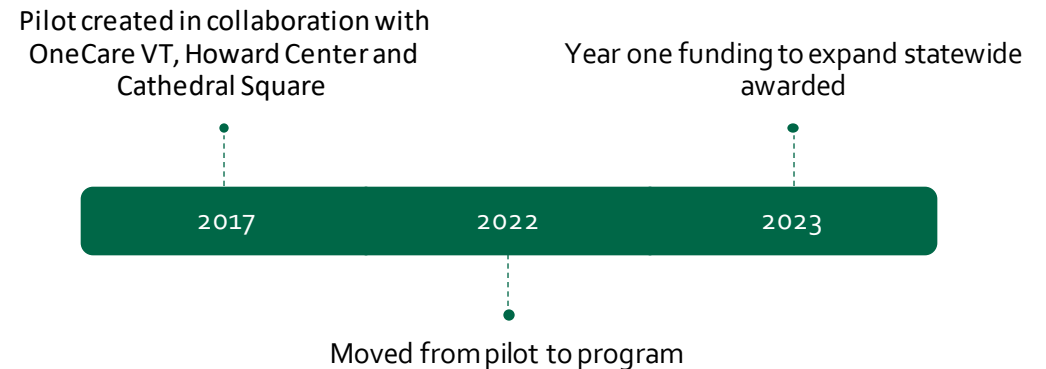
Social Isolation.....33%
Suicide Ideation....12%

82% of SASH participants have 3 or more chronic conditions

7 median number of chronic conditions for SASH participants

SASH Embedded Mental Health Clinician Program

- 2017 – Pilot in collaboration with One Care VT, Howard Center and Cathedral Square
- A mental health clinician ***embedded in*** affordable housing sites
- Focus on promoting emotional health and wellness; reducing stigma; building sense of community



SASH Embedded Mental Health Program

- The SASH Emotional Wellness Clinician provides low barrier, direct therapeutic support in the home/affordable housing site
- Supportive counseling, therapy, and group programs
- Screening and triage services, care coordination, consultation, staff education, and referrals.
- Focus is on promoting emotional health and wellness.

SASH Embedded Mental Health Program

At a Glance – Impact on Access

	2022 Data	2023 Data
Participants Served	102	108
Median Visit Count Range	9 visits Range: 1 to 54	6 visits Range: 1 to 70
% Male	*41% Males at sites seen by SEWC	*63% Males at sites seen by SEWC

* Compared to 12% that seek mental health treatment nationally in 2021

<https://www.statista.com/statistics/673172/mental-health-treatment-counseling-past-year-us-men/>

Lessons Learned & Positive Outcomes Achieved by the Pilot

Embedding mental health services in SASH housing reduces stigma and promotes access



This model allows a flexible, person-centered approach to supporting emotional health



Having a clinician as a member of the SASH team supports timely referrals, consultation and early identification of participants' needs

- Increased / expedited access to and utilization of mental health support
- Decreased Emergency Department visits
- Stabilization / reduction in mental health symptoms
- Reduction in stigma associated with seeking mental health support
- Support with housing retention
- High level of participant satisfaction with services

Embedded Mental Health Support in SASH Housing STATEWIDE EXPANSION

Expansion has always been the goal!

- 2023 – Year 1 funding (Senator Sanders)
 - Year 2 funding (Senator Welch) **pending passing of Federal 2025 Budget**
- Current expansion plan (based on Year 1 funding):
 - 6 full-time clinicians hired to work at 12 SASH sites across the state
 - Statewide Mental Health Lead hired to support statewide implementation, training and reporting
 - Expansion support & training provided by current and original SASH clinician, Alison Miley

Long term goal: embed more mental health clinicians in ALL SASH sites



Embedded Mental Health Support in SASH Housing STATEWIDE EXPANSION

Six new SASH Emotional Wellness Clinicians in 2024

1. Shires Housing & United Counseling Services Bennington
2. Rural Edge & Northeast Kingdom Human Services St. J/Barton
3. Cathedral Square & Howard Center Burlington & Essex **HIRED**
4. Rutland Housing Authority & Rutland Mental Health – Rutland
5. Downstreet & Washington County Mental Health
Montpelier/Mad River Valley/Waterbury **HIRED**
6. Brattleboro Housing Partnerships & HCRS
Brattleboro/Springfield



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partnership*
SUPPORT AND SERVICES AT HOME



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Thank you!